

JANUARY

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A Newsletter for Juneau County Seniors & Adults with Disabilities

NOTES FROM CHAR NORBERG, DIRECTOR

What did the big furry hat say to the warm woolly scarf?
"You hang around while I go on ahead."

Hello!

As you can tell by looking out your windows, winter has arrived in Wisconsin. I hope everyone enjoyed the Holiday season and is getting fully emerged in a new year. Juneau County is sporting some very important changes in 2016; and I want to take this opportunity to give you the details.

Senior Dining Program

We continue to offer nutritious meals complete with fun activities and good company at seven places around the county. If you are in the Camp Douglas and New Lisbon area, or if you are interested in joining us for lunch in Camp Douglas and New Lisbon, please be aware of a change in days of service. New Lisbon Senior Dining is now being offered at the New Lisbon Fire Department from 11:30 to 12:15 on Mondays and Wednesdays. Camp Douglas Senior Dining is now offered at the Camp Douglas Village Hall from 11:30 to 12:15 on Tuesdays and Thursdays. Our other Senior Dining sites are as follows:

Adult Day Center in Mauston- Monday thru Thursday from 11:45 to 12:30

Grace Lutheran Church in Elroy- Monday, Tuesday, Thursday, Friday from 11:45 to 12:30

Beagles Bar & Grill in Lyndon Station- Monday thru Thursday from 11:00 to 12:30

Necedah Village Hall- Monday thru Thursday from 12:00 to 12:45

Bernie's Wagon Wheel II in Wonewoc- Tuesday thru Friday from 11:30 to 12:15

Senior Bus Transportation

New in 2016 we have different transportation opportunities for you to get to shopping, banking, personal business, medical appointments, and social activities. Our 12 passenger, wheelchair accessible bus will be available in each community weekly. We will still be offering our regular Friday shopping trips to various places including Wisconsin Rapids, LaCrosse, and Cashton-Amish Country, to name a few. Just call in advance to sign up! Our new bus routes are providing transportation to Juneau County residents who are 65 years of age or older, and residents under 65 who have a disability. Transportation is available within 2.5 miles of New Lisbon, Hustler, Camp Douglas; Elroy, Union Center, Wonewoc; and Lyndon Station. It will also be available within one mile of Hwy 58 to Necedah and in the Buckhorn Peninsula. Each of these areas will have a day of service one Thursday a month to accommodate transportation needs for the UW Specialty Clinic at Mile Bluff Medical Center in Mauston. Call the ADRC for a copy of the complete schedule.

We are very excited to be offering these changes and hope you will all take part in the opportunities and services available to help everyone remain safely and comfortably in your homes in Juneau County!

CENTER INFORMATION AND CONTACTS

Our Mission

The Aging and Disability Resource Center of Eagle Country—Mauston is dedicated to working with adults and families who are affected by aging, disability, mental health or substance abuse issues, by providing information and access to services to enhance their quality of life.



Aging & Disability Resource Center of Eagle Country-Mauston

Contact Information

Phone 608-847-9371
Toll Free 877-794-2372
Website.....www.adrceagle.org
Office Hours Monday-Friday, 8:00am-4:30pm
Address..... 220 E. La Crosse Street
Mauston, WI 53948

Services

Information & Assistance

Transportation

The ADRC can connect you with access to transportation to reach your destination. Whether you need to get to a medical appointment or pick up groceries, the ADRC can provide you with a variety of options.

Contact us to see what is available in your area.

Wellness and Prevention

The ADRC provides access to many evidence prevention programs through partnerships with local hospitals, clinics, senior centers and fitness centers. Contact our Mauston office for a listing of programs in your area.

Staff:

Director Char Norberg

Adult Center/Transportation Coordinator...
..... Lynn Martin

Secretary II Karla Faulkner

Disability Benefit Specialist..... Jessica Hoehn

Medicare Part D Benefit Specialist
..... Norma Phillips

Elderly Benefit Specialist Barb Gartland

Information & Assistance Specialist
..... Mary Murray

Information & Assistance Specialist
..... Nickie Preuss

Senior Bus Driver Jennifer Brereton

+++++
Lynn Martin, Newsletter Editor..... 608-847-9371
lmartin@co.juneau.wi.us

Volunteers..... Blanche Dallman,
Carol Arens and Norma Smith



Are you in need of a walker, wheelchair or shower chair? The ADRC has a lending closet.

We offer you the use of an item for no fee and when you are no longer in need of the item, you return it to us so someone else can use it. Call us at 847-9371





JANUARY 2016 EVENT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Happy New Year!! ADRC office and all mealsites Closed	2
3	4 Trivia Day 	5 Foot Clinic—Mauston	6	7 Harlem Globetrotter's Day 	8 Argyle Day 	9
10	11	12 Bean Day 	13	14 Foot Clinic—Elroy	15	16
17	18 Committee on Aging & Disability Meeting 9:30am Rm 1 Courthouse Basement	19 Popcorn Day 	20	21 National Hugging Day 	22	23 National Pie Day 
24 31	25	26 New Lisbon/ Necedah Community Supper 4:30-6pm at New Lisbon Community Center	27 Elroy Community Supper 4:30-6pm at Methodist Church	28 Mauston Sharing Supper 5-6:30pm at Mauston High School	29	30

Senior Bus Trips For January

January 8th—Mauston to
Wisconsin Dells

January 15th—Elroy, Woneewoc,
Union Center, and Camp
Douglas to La Crosse

January 22nd—Mauston to Wisconsin Rapids

January 29th—Lyndon Station, New Lisbon,
and Necedah to Portage

Lunch is Dutch treat.

Cost is \$7.

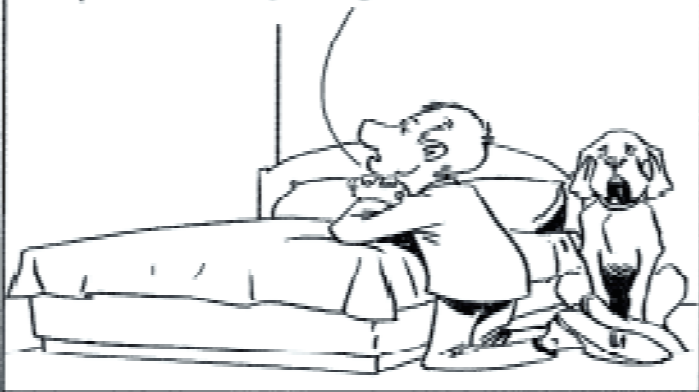
Call the ADRC 847-9371 to reserve your spot.

**Check out the attached calendar for
our new daily bus trips.**



Live Life Laughing!

Lord, help me become the
person my dog thinks I am.



Foot Health Clinics

With a Certified Nail Technician

1st Tuesday, January 5th,
9am.—noon

Juneau County Adult Center Call 847-9371

2nd Thursday, January 14th,
9 am.—noon

Elroy Grace Lutheran Church Call 462-5175

Cost is \$25.



Trivia

- What year was the bikini swimsuit unveiled to the public?**
A. 1943, Casablanca; B. 1947, Honolulu; C. 1946, Paris
- What method did women adapt to look as if they were wearing stockings when none was available due to rationing during W.W.II?**
A. Suntan; B. Christian Dior; c. Yves St. Lurant
- How did famous "40s bandleader, Glenn Miller, die"**
A. Pneumonia caught when his trombone's spit valve backfired; B. Heart attach when hearing that June Allyson was to play his wife in a movie; C. Plane crash over the English Channel
- Who was Bill Haley and what as the name of his group?**
A. World War II General, wounded leader of the Italian Campaign; B. Democratic candidate for congress in 1958; C. 1950s Rock and Roll singer and guitarist, leader of "Bill Haley and the Comets."
- What does LSMFT stand for?**
A. Lets Share More Fun Times; B. Lucky Strike Means Fine Tobacco; c. Leisure Strides Make Feet Tingle
- During the Korean War, name the date of the US Marine assault on the port of Inchon?**
A. July 4, 1949; B. September 6, 1951; October 1, 1950
- What phenomena made popular in the 1950s allowed everyone to become an artist?**
A. Paint-by-Number sets; B. Paint Rollers; C. Feathery brushes
- In the early days of TV, how was program audience size measured?**
A. Viewers would call the Roper Poll; B. Water pressure was measured in various cities to see when the most toilet flushes occurred, thus indicated when the most popular program ran its commercials; C. George Gallup had all early TVs wired to his "GallopingMeasuraBoard."

We urge you to stay tuned to WRJC 92.1 or watch Channel 3 or Channel 8 for potential dining center closings in the event that inclement weather is forecasted. We want to keep our participants and meal delivery drivers safe this winter.

It's a good idea to put together an emergency preparedness box of items such as flashlights, blankets, water, matches, non-perishable foods, pet items, and a weather radio to keep informed about potential weather emergencies.

RECIPE

Peter Pan Cookies

- 1 c. shortening
- 1 c. peanut butter
- 1 tsp baking soda
- 2 eggs, well beaten
- 1/2 tsp salt
- 1 c. granulated sugar
- 1 c. brown sugar, packed
- 1 Tbsp milk
- 2 c. flour

Preheat oven to 325°.

Combine shortening, salt and peanut butter; mix well. Add granulated sugar and brown sugar gradually; cream thoroughly. Add beaten eggs and milk. Mix well.

Sift flour with soda and add to first mixture,



stirring thoroughly.

Drop by teaspoon on greased baking sheets. Press cookies lightly with fork to flatten and to make attractive ridge tips. Bake 15 to 20 minutes at 325°.

Makes 5 dozen cookies.

Recipe contributed by Blanche Dallman from the kitchen of Myrtle Carver.

If you have a recipe you would like to share, mail it to: ADRC, 220 E. La Crosse St., Mauston, WI 53948 or email it to: lmartin@co.juneau.wi.us.

Please patronize the local businesses who advertise in this newsletter! They make our publication possible.

Dr. Christopher Eckerman, DPM

Physician/Surgeon of the Foot and Ankle

Dr Eckerman, is seeing patients at two convenient locations:

Mauston Clinic

Within PTWorks Physical Therapy 610 McEvoy Street, Mauston (conveniently located between McDonald's and Culver's)

Reedsburg Clinic

Reedsburg Area Medical Center Specialty Group, 1104-21st Street, Reedsburg



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MILE BLUFF MEDICAL CENTER

SUPPORT GROUPS

UNDERSTANDING DEPRESSION - *For more information, call 608-847-1285.*

For family and friends of those living with depression. This group meets at 7 pm at Mile Bluff Medical Center in Mauston.

- Thursday, January 7

CONQUER YOUR DEPRESSION - *For more information, call 608-847-1285.*

For individuals living with depression. This group meets at 7 pm at Mile Bluff Medical Center in Mauston.

- Thursday, January 21

AL-ANON GROUP - *For more information, call 608-562-5611.*

- Mondays, 7 pm, at Mile Bluff Medical Center in Mauston

PARKINSON'S SUPPORT GROUP

If interested in group meetings, call Arlene at 608-847-6893.

SPECIAL EVENTS & SCREENINGS

PASSPORT TO HEALTHIER LIVING WITH DIABETES - *Call 608-847-1846 for more information.*

Receive tips on how to better manage your diabetes through diet, medication management, glucose monitoring, and stress management. These free sessions will be held at 1 pm at Mile Bluff Medical Center in Mauston.

- Thursday, January 7

PIANO FONDUE - DUELING PIANOS - *For more information, call 608-847-1065.*

This fundraiser is being hosted by the Nurses Helping Nurses program of Mile Bluff Medical Center Foundation. All proceeds will go toward helping nurses pursue further education. General admission

tickets are \$25 and are available at the registration desk at Mile Bluff Medical Center in Mauston.

- Saturday, January 30, 6:30 pm
New Lisbon Travelers Inn

WINTER WALKING

Don't let the cold weather keep you from exercising this winter. On school days, many area schools are open so the public can walk indoors.

Call 608-847-1845 for specific locations and times

SAVE THE DATE

LOOK GOOD... FEEL BETTER® - *For more information and to register, call 608-847-9877.*

Ladies currently receiving cancer treatments at any medical facility are invited to attend this free session to learn beauty techniques to help combat appearance-related side effects of treatments.

- Tuesday, February 2, 9-11 am, Mile Bluff Medical Center in Mauston

VALENTINE'S BINGO

For more information and to reserve your spot, call 608-847-2377.

Join the tenants of Terrace Heights Retirement Community for their annual Valentine's BINGO game.

- Tuesday, February 9, 2 pm at Terrace Heights Retirement Community in Mauston

COMMUNITY BLOOD DRIVE

For more information and to register, call the Blood Center of Wisconsin at 1-877-232-4376.

- Monday, February 22, 9 am - 2 pm, Mile Bluff Medical Center in Mauston

3rd ANNUAL TWEENS' NIGHT OUT - *Call 608-847-1495 for more information.*

This free and fun event is for girls in 5th through 8th grade; it includes interactive sessions and exhibits, concessions and a style show. Presented by Juneau County Women's Health Initiative, a division of Mile Bluff Medical Center Foundation.

- Friday, April 29, Olson Middle School in Mauston

MEALSITE MANAGERS' PAGE

New Lisbon & Camp Douglas Mealsite

Happy New Year everyone!

Big piece of news, I am now at the New Lisbon mealsite on Monday and Wednesday and at the Camp Douglas mealsite on Tuesday and Thursday every week. We are hopeful that participants of both communities will dine at the alternate site. We will continue Bingo on Wednesday in New Lisbon and on Thursday in Camp Douglas. Be adventurous—carpool!

Once again, our holiday meal was wonderful! Thank you to Royal Bank New Lisbon Branch for sponsoring our meal. Also thank you to the music department from our school for a very entertaining presentation.

Happy Birthday this month to Lura D. and Ron P.

Nancy Nelsen, Site Manager

Lyndon Station Mealsite

Well, the holidays are over and hope everyone didn't celebrate too much on New Year's Eve.

We also received our tax statements, "Merry Christmas". Think spring as some of us received the spring seed catalog already.

Here at Beagle's we wish everyone who had a birthday in December a very happy day.

An "Evening of Jazz" will be held at the Mauston High School on January 10th at 7:00pm.

Of course, basketball and wrestling are in full swing. Support your teams. Jeanette Conway

Greetings and Happy New Year! I am writing this in the early morning hours of December 16th. Today, I am eagerly preparing for and awaiting my first Senior Christmas Dinner. Door prizes have been purchased for Bingo. Treats and punch have been prepared. I feel excited and nervous. When this is published some of you will smile and remember that you had a nice time at Bernie's today, and others of you will make note to join us next year. I too eagerly await this new year, 2016! What will it bring for each of us? Each new year brings joy and sorrow. These first couple months, when days are filled with long hours of darkness, can leave us feeling blue. Try to eat healthy foods including fresh fruits and vegetables. Exercise a little each day. Even circling your arms and ankles while sitting in your chair can help get your blood flowing and brighten your mood. Take advantage of opportunities to gather with others rather than staying isolated in your home. The mealsite is open at Bernie's Wagon Wheel each Tuesday through Friday from 10am to 1pm. Bingo is played on Tuesdays and Wednesdays starting at 10 and cards are played on Wednesdays and Fridays also starting at 10. Juneau County is now offering transportation in the Wonewoc Area. Call 608-847-9371 to set up a ride to the mealsite, Hansen's Grocery Store in Elroy, or any stop in between. There are a few of us who start each day at the free exercise classes offered by the Wonewoc Public Library, Monday-Friday, and then head on over to Bernie's Wagon Wheel for games, coffee, and fellowship. We're a friendly bunch and welcome newcomers. Join us! For mealsite lunch or home-bound delivered meals in the Wonewoc area call Kristi Shore at 608-479-1003

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WONEWOC MENU

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bernie's Wagon Wheel II 229 Center St. Wonewoc 464-7217 Serving Time 11:30-12:15			Jan 1 Happy New Year! No Meals Served
Jan 5 Porcupine Meatballs Garlic Mashed Potatoes Corn WW Bread or Roll Birthday Cake	Jan 6 Beef Tips in Gravy Pasta WW Bread or Roll Orange Pudding	Jan 7 Baked Chicken Whipped Potatoes/Gravy Broccoli WW Bread or Roll Peaches	Jan 8 Wagon Wheel Fish Fry Seasoned Potato Wedges Coleslaw Dinner Roll w/butter Jell-O
Jan 12 Sloppy Joe on a Bun Baked Beans Coleslaw Fruit Pie	Jan 13 Spaghetti with Italian Meat Sauce Green Beans Garlic Texas Toast Fruit Cocktail	Jan 14 Hot Roast Beef Mashed Potatoes/Gravy Squash WW Bread or Roll Rice Krispy Bar	Jan 15 Wagon Wheel Fish Fry Baked Potato w/Sour Crm Macaroni Salad Dinner Roll w/butter Dessert
Jan 19 Tuna Noodle Casserole Carrots WW Bread Baked Apple Slices	Jan 20 Chicken Salad on Wheat Bread Potato Chowder Coleslaw Jello w/fruit	Jan 21 Roast Pork Whipped Potato Gravy Creamed Peas WW Bread Dessert Bar	Jan 22 Wagon Wheel Fish Fry Fried Baby Red Potatoes Cottage Cheese Dinner Roll w/butter Peaches
Jan 26 Grilled Chicken Breast Stuffing Gravy Peas & Carrots WW Bread or Roll Jello Fluff Salad	Jan 27 Tator Tot Casserole Sqash WW Bread or Roll Banana	Jan 28 Goulash Corn Potato Salad Breadstick Mandarin Oranges	Jan 29 Wagon Wheel Fish Fry Baked Potato w/Sour Crm Dinner Roll w/butter Brownie

MENU FOR MAUSTON, NECEDAH, CAMP DOUGLAS, NEW LISBON, AND LYNDON STATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Mauston -847-9371 Necedah -547-3125 Lyndon Station- 666-2423 Camp Douglas & New Lisbon -847-9371	<u>Reminder</u> Camp Douglas mealsite will be open on Tues & Thurs New Lisbon mealsite will be open on Mon & Wed Starting in January		Jan 1 Happy New Year! No Meals Served
Jan 4 Porcupine Meatballs Garlic Mashed Potatoes Cabbage WW Bread or Roll Baked Apple Slices	Jan 5 Beef Tips in Gravy Pasta WW Bread or Roll Orange Pudding	Jan 6 Baked Chicken Whipped Potatoes/Gravy Broccoli WW Bread or Roll Peaches	Jan 7 Bratwurst on a Bun Sauerkraut Potato Salad Birthday Cake
Jan 11 Sloppy Joe on a Bun Baked Beans Coleslaw Fruit Pie	Jan 12 Cheesy Turkey Rice Bake Corn WW Bread or Roll Fruit Cocktail	Jan 13 Hot Roast Beef Mashed Potatoes/Gravy Squash WW Bread or Roll Rice Krispy Bar	Jan 14 Tuna Noodle Casserole Peas WW Bread or Roll Banana
Jan 18 Italian Meat Sauce Pasta Green Beans Creamy Coleslaw Garlic Toast Marbled Pudding	Jan 19 Chicken Salad on WW Bread Potato Chowder Garden Salad Salad Dressing Frosted Cake	Jan 20 Roast Turkey Whipped Potato/Gravy Glazed Carrots WW Bread or Roll Dessert Bar	Jan 21 Goulash Corn Caesar Salad Breadstick Mandarin Oranges
Jan 25 Grilled Chicken Breast Stuffing Gravy Creamed Corn WW Bread or Roll Fresh Fruit	Jan 26 Tator Tot Casserole Peas & Carrots WW Bread or Roll Rainbow Gelatin Parfait	Jan 27 Pork Roast Baked Potato/Sr Crm Green Beans WW Bread or Roll Frosted Brownie	Jan 28 Turkey & Noodles Squash Mixed Green Salad Salad Dressing WW Bread or Roll Rice Pudding

All menus are subject to change without notice.

ELROY MENU

MONDAY	TUESDAY	THURSDAY	FRIDAY
<p>Grace Lutheran Church 226 Erickson St. Elroy, WI 608-462-5175</p>	<p>Serving at 11:45A.M.</p> <p>Suggested Donation \$3.75</p> <p>Milk served each day.</p>		<p>Jan 1</p> <p>Happy New Year! No Meals Served</p>
<p>Jan 4 Liver & Onions Potato Peas & Carrots Dinner Roll Fruit Cookie</p>	<p>Jan 5 Hamburger on a Bun Potato Salad Baked Beans Pickles Fruit Pudding</p>	<p>Jan 7 Baked Chicken Mashed Potatoes/Gravy Mixed Vegetables Salad Dinner Roll Raspberry Dessert</p>	<p>Jan 8 Hamburger Casserole Cauliflower Dinner Roll Fruit</p>
<p>Jan 11 Egg Bake with Hash Browns Brocoli Fruit Cinnamon Roll</p>	<p>Jan 12 Bean Soup Crackers Cottage Cheese Dinner Roll Fruit Cookie</p>	<p>Jan 14 BBQ Ribs Twice Baked Potato Creamed Peas Dinner Roll 4 Layer Torte</p>	<p>Jan 15 Fish/Tartar Sauce Roasted Potato Salad Dinner roll Fruit</p>
<p>Jan 18 Open Face Hot Turkey Club Sandwich Vegetable Medley Salad Fruit</p>	<p>Jan 19 Regular or Chicken Lasagna Tossed Salad Garlic Bread Fruit Bar</p>	<p>Jan 21 Roast Beef Mashed Potato/Gravy Spinach or Green Beans Dinner Roll Fruit</p>	<p>Jan 22 Tuna or Chicken Casserole Vegetable Dinner Roll Fruit</p>
<p>Jan 25 Ham Boiled Dinner with Vegetables Cottage Cheese Dinner Roll Fruit</p>	<p>Jan 26 Baked Chicken Stuffing Squash Cranberries Dinner Roll Lemon Dessert</p>	<p>Jan 28 Meat Loaf Scalloped Potatoes Carrots or Brussel Sprouts Dinner Roll Fruit Carrot Cake</p>	<p>Jan 29 Fish Baked Potato Coleslaw Dinner Roll Fruit</p>

FUN & GAMES

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CAREGIVER ASSISTANCE NEWS

Standard Precautions

Reduce the Risk of Common Infections

According to the Centers for Disease Control and Prevention (CDC), there is an increase in infectious diseases and a growing resistance to antibiotics. Every year, about 2 million people get sick from a *superbug*. About 23,000 die. A *superbug* is a term to describe bacteria that cannot be killed using multiple antibiotics. Misusing antibiotics (such as taking them when you don't need them or not finishing all of your medicine) is the "single leading factor" contributing to this problem according to the CDC.

Therefore, effective cleaning techniques and basic health practices such as frequent hand washing are *especially* important. How can a busy caregiver prevent infections? Simple: hand washing is the single most effective way to prevent spreading of germs.

Clean Hands Are Healthy Hands

Our bodies naturally carry germs on them. Most of these germs are harmless, and some are even essential to our health! However, germs from other sources, such as raw meat, can also survive on hands, and these can be easily transferred to other surfaces, increasing the risk of cross-contamination. Because our hands are in frequent contact with our eyes, nose, and mouth, it's easy to see how dirty hands spread germs and illnesses, everything from the common cold, to the flu, to food poisoning. To minimize the chance of infection, always wash your hands:

- ✓ *before* and *after* contact with the person in your care and with other people
- ✓ when returning from a trip outside the house
- ✓ after using the toilet
- ✓ after sneezing or blowing your nose
- ✓ *before* preparing medications, doing a procedure or preparing food

When cleaning, work from the cleanest to the dirtiest are and always wear gloves when giving personal care.

Hand Washing-Do It Right!

It's the single ***most important way to prevent the spread of infectious diseases.***

If the person in your care has an infection, use a bottle-dispensed antimicrobial soap.

1. Rub your hands for *at least* 30 seconds (about the time it takes to sing Happy Birthday slowly) to produce lots of lather. Lather-up away from running water so the lather is not washed away.
2. Use a nailbrush on your nails; keep your nails trimmed and free of chips.
3. Wash front and back of hands, between fingers and at least two inches up your wrists.
4. Rinse well under warm running water. Repeat the process.
5. Dry your hands on a clean cloth or paper towel. Hand sanitizer gels can be used to kill germs, but they should *not replace* hand washing. Hand sanitizers can build up on the skin, so wash your hands the regular way—with soap and warm water—after every fourth use.



Keep Hands Clean When Using a Wheelchair

- Wear leather gloves.
- Wash your hands frequently, and in-between washings; use pre-packaged cleansing towelettes.
- Keep the wheelchair clean and free from grime buildup.



Infections and Nail Care

Fungal infection is the most common nail problem, affecting nearly half of people over 70. It causes nails to thicken and disintegrate. These infections spread by contact with a contaminated object. To reduce the risk of infection, when getting a professional manicure, bring your own instruments.

Taking Care of Yourself—Create Time for Fun!

Studies show that laughter, relaxation and fun reduce stress and the risk of illness. Seeing the humor in a situation can put it in perspective.

Anger is reduced when we laugh or lighten the mood with humor. Rent funny movies or watch TV sitcoms, and share jokes and stories with friends. If you find yourself unable to laugh, you may be experiencing caregiver burnout. Seek respite or professional help.

Be Wary of Scams—The Telephone Call

Some scammers call seniors pretending to be a government employee and accuse them of not showing up for jury duty. They may tell the senior that there is a warrant out for their arrest, and, out of fear, the senior may give the caller their social security number and other vital contact information. Remind seniors not to give information to callers no matter what the caller says.



SAFETY TIPS—The Risks of Wandering

- ◆ Of those with Alzheimer's or a related dementia, 59% will get lost, usually while doing normal activities such as trying to locate a restroom, gift shop, recreation room, etc.
- ◆ Of those not located within 24 hours of the last time seen, 46% may die, usually succumbing to hypothermia and dehydration.
- ◆ Individuals with Alzheimer's usually do not cry out for help or respond to shouts; they leave few physical clues.
- ◆ They usually do not travel more than a half mile.
- ◆ They may try to travel to a former residence, work place, or city.
- ◆ They are usually found a short distance from a road or an open field.
- ◆ Most wandering incidents occur during normal daily activities.

Wandering may also be a natural release for boredom or agitation. If this is the reason, wandering within a safe, confined space may be encouraged. Some recent research suggests that more socially oriented people will wander in an effort to make contact with others. When faced with episodes of wandering, try to find their cause.

Source: *The Comfort of Home: Alzheimer's Edition*

January Birthdays

7—Roger Demaske,
11—Rai Ann Paulsen, 12—Joan Bader,
15—Rita Wright, 16—Yvonne Pedersen,
26—John Macrafic

If your birthday is not listed and you would like it listed, please contact our office.

Don't let the cold weather stop you from being active this winter. Maintain and even improve your health and overall wellness with indoor winter walking.

Mauston High School

800 Grayside Avenue, Mauston
Use the main front doors.
6:30-7:30 a.m. & 3:45 -5:00 p.m.

Olson Middle School

508 Grayside Avenue, Mauston
Enter at west parking lot, door #1.
Access to certain areas will be restricted on game nights.
4:00-6:00 p.m.

West Side Elementary School

708 Loomis Drive, Mauston
4:00-7:00 p.m.

New Lisbon Schools

500 South Forest Street, New Lisbon
Use the multi-purpose room entrance, door #1.
6:00-7:30 a.m. & 4:00-6:00 p.m.

Necedah Schools

1801 South Main Street, Necedah
Use the main entrance at the front of the school.
6:00-7:30 a.m. & 6:30-8:30 p.m.

Wonewoc-Center School

101 School Road, Wonewoc
Use the entrance by the flag pole.
3:30-5:30 p.m. (Monday - Thursday)

Royall High School Hallways

1501 Academy Street, Elroy
Enter at the front door.
6:00-7:30 a.m.

Adams-Friendship High School

1109 East North Street, Adams
Enter at the front door.
6:30-7:30 a.m. (Mondays)
6:00-7:30 a.m. (Tuesday - Friday)
4:00-9:00 p.m. (Monday - Friday)

BENEFIT SPECIALIST

FoodShare 2015: A Year in Review

by the GWAAR Legal Services Team

A number of changes to the FoodShare program were proposed and implemented this year. Following are some of the highlights:

April 2015: FoodShare recipients age 18-59 must now work or be in job training at least 80 hours per month, or meet an exemption, to remain eligible for FoodShare. There is currently no work requirement for persons 60 years or older.

May 2015: The Assembly passed bills 177 and 191, which seek to limit the percentage of “junk food” purchased by FoodShare recipients and require those recipients subject to the new work requirement to pass drug tests. The bills still need to be passed in the Senate and receive the federal waiver before implementation.

July 2015: The Wisconsin Department of Justice filed a lawsuit against the federal government in response to its position that states cannot add additional eligibility criteria (specifically, the drug testing of FoodShare recipients) beyond what is provided by federal law because FoodShare is a federally-funded program.

November 2015: The Wisconsin Assembly passed the following three FoodShare bills, which now head to the Senate:

Bill 222: Adding photo identification to FoodShare cards;

Bill 188: Seizing FoodShare benefits in any account that has not been accessed in six months or more; and

Bill 200: Limiting the number of replacement FoodShare cards per recipient to four per 12 months.

Photo IDs. The proposed law requires photos of recipients on FoodShare cards. Under federal law, however, store clerks cannot require a person using a FoodShare card to show or prove identity, and household members and authorized representatives must still be able to use the card on behalf of someone else. According to the

fiscal estimate produced by the Department of Health Services (DHS), the photo ID requirement would cost \$7.4 million to initiate and then \$2 million per year to administer. There has been no firm number released regarding the amount hoped to recover from this specific endeavor, only the general number that FoodShare fraud, overall, amounts to about \$6 million per year (1.3% of all FoodShare expenses).

Seizure of Accounts. In the past, clients have been advised that they can roll over their accumulated FoodShare funds from month to month for up to one year. This rollover helped those receiving the minimum benefit amount (\$16 per month) realize the value of the benefit. For example, rolling over funds helped them save up for a holiday meal or buy bulk items. For those fearing the stigma of using a FoodShare card, it was helpful to limit the number of times they used the card. If the bill is enacted, recipients will need to use their cards (even just a small purchase) every six months to prevent all funds from being seized. After a six-month seizure, recipients can request a return of their funds, but after an account has been inactive for one year, the funds will be expunged permanently.

FoodShare recipients age 18-59 must now work or be in job training at least 80 hours per month, or meet an exemption, to remain eligible for FoodShare. There is currently no work requirement for persons 60 years or older.

Replacement Cards. The Assembly bill asks DHS to request a waiver from the federal government to limit the number of replacement cards a recipient can request to four in any given 12 months — the federal minimum. In addition to the proposed bill, DHS implemented a new policy effective December 1, 2015, regarding fraud investigation for those who request multiple replacement cards. Written notice will now be sent to households who have been issued four

or more replacement cards in a rolling 12-month period. The case must be referred for fraud investigation if a fifth replacement card is issued within a rolling 12-month period and trafficking of the cards is suspected. Proponents of the changes to the FoodShare program cite prevention of fraud as the primary goal. Opponents question the cost, efficacy, and increased stigma for a program that is already underutilized by those eligible.



TEST YOUR SOCIAL SECURITY KNOWLEDGE

By Bob Trotter

Social Security Public Affairs Specialist in Milwaukee, WI

National Trivia Day reminds us that knowledge about Social Security empowers you and prepares you for retirement. Remember, the more you know about Social Security, the more control you have over your bright future.



What is the average number of years someone has paid into Social Security once they start collecting disability benefits?

- A. 2
- B. 7
- C. 13
- D. 22

Because the Social Security Act sets out a strict definition of disability, our beneficiaries are among the most severely disabled people in the country. We provide modest benefit payments to workers who contributed into the Social Security trust fund before becoming disabled. The average disability beneficiary today paid into the disability trust fund for 22 years before they began receiving Social Security disability benefits.

At what age can I begin receiving Social Security retirement benefits?

- A. 62
- B. 65
- C. 67
- D. 70

The answer to this question is not the same for everyone. Depending on when you were born, your full retirement age will be between 65 and 67. You can draw benefits as early as 62, but you will receive a lesser benefit. For more details and a handy chart, visit www.socialsecurity.gov/planners/retire/retirechart.html.

The best time for you to retire will depend on several factors, including when you were born, how long you contributed to Social Security, and how long you expect to live. The longer you work, and the more money you earn at Social Security-qualifying jobs, the more Social Security retirement benefits you stand to receive. The longer you wait to draw Social Security benefits, the larger your monthly payout will be. Past age 70, there is no longer any advantage to waiting.

How much money can I earn and still receive Social Security disability benefits?

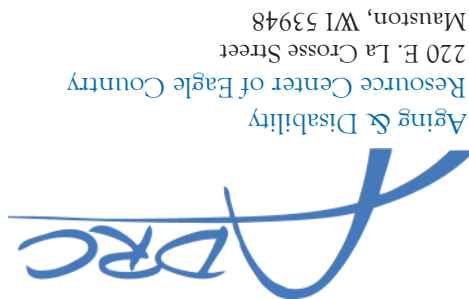
- A. \$500 per month
- B. \$750 per month
- C. \$1,090 per month
- D. None

A worker who is disabled can earn up to \$1,090 per month and still receive benefits. If the worker is blind or has work expenses, this amount is higher. More information about working while disabled is available at www.socialsecurity.gov/pubs/EN-05-10095.pdf.

Who receives the largest annual share of Social Security benefits?

- A. Survivors of deceased workers
- B. Disabled workers and their families
- C. Retired workers and their families

The answer is C. About 39.5 million of the nearly 60 million people who receive retirement, dependent, disability, and survivors benefits in 2015, the largest share went to retirees and their families, totaling \$53 billion each month. We also paid \$6.7 billion in survivors benefits each month, and \$10.5 billion in disability benefits each month in 2015.



Elroy Senior Mealsite:

Here it is the start of another New Year; where did 2015 go? Did everyone make their New Year's resolution? Hopefully we can all keep them. If your New Year's resolution was to donate your time, don't forget the mealsite. We can always use an extra helping hand.

To everyone that has a birthday in January have a "Happy Birthday."

The Senior Bus leaves from Elroy on the second Friday of the month. Call the ADRC Office in Mauston at 847-9371 for more information and to reserve a seat

We will be playing Euchre every Tuesday starting around 12:30pm. The first time we played in December we had 3 tables of players, and they decided it would be good to have it every Tuesday. Come and join us whenever you like. You can always come early and eat with us.

Don't forget the sharing supper at the Elroy United Methodist Church on the last Wednesday of the month.

Bingo is played at the Elroy Senior Mealsite at 11am every day that we are open. If you need a ride to the mealsite, call us and we will arrange for you to be picked up and taken back home after the meal. The Elroy Senior Nutrition Program invites all seniors age 60 and older to participate in the senior dining program. Meals are served at 11:45am on Monday, Tuesday, Thursday and Friday. Home-delivered meals are available with a doctor's order. Call the Elroy Mealsite at 462-5175 with any questions. The suggested donation is \$3.75. Join your friends for a warm meal, friendship and fun.

Happy New Year to all.

Karen Nelson, Elroy Site Manager

AARP TAX AIDE PROGRAM

State, Federal and Homestead tax preparation is available for low and moderate income persons age 18 and over. Taxes are prepared on an appointment only basis by trained AARP Tax Aide Program Volunteers from February to April. Appointments will be on Thursdays and Fridays starting February 4th and ending April 15th. Appointments are on a first come, first served basis and can be made by calling the ADRC of Eagle County, Mauston office, at 608-847-9371.

Answers to Trivia page 4
1. C; 2. B; 3. C; 4. C; 5. B; 6. C; 7. A; 8. B

Don't Fall—Be Safe
Sometimes, falls occur because of poor decision-making skills, such as attempting to walk alone down the steps or outside in the middle of winter on ice.

Hello Everyone,

Merry Christmas and Happy New Year to all. The Mauston mealsite has been kind of quiet except for Heidi and Carol's piano playing.

Thank you both very much.

With the new year we have resolutions that we try to stick to for at least the first week; or so then it goes along side the road, as it has many times and for many things.

Mauston mealsite is in need of subs to work in the kitchen as well as one person is needed to work on Wednesdays. If you can help out, please call 608-547-2802 and leave your name and number.

Hope everyone has a wonderful New Year.

Karie Puhl, Mauston Site Manager

Inspiration
Humility is not thinking
less of yourself, it is
thinking of yourself less.